

Urbana Senior Center

UrbanaSeniorCenter@FrederickCountyMD.gov ♦ 301-600-7020 ♦ www.FrederickCountyMD.gov/aging

April Program Highlights

Mobile Information and Assistance (I&A)

A team from Md Food Bank, Energy Assistance and the Department of Aging will visit the center to provide information, answer questions and complete applications for SNAP (food stamps), Energy Assistance, and Medicare Subsidies.

Date: Wednesday, April 10
2nd Wed of each month
Time: 10:00 a.m. **Cost:** Free

Omelet Bar/Ask Nurse Steve

Omelets created to order! Choose from a variety of ingredients to make lunch your way. Nurse Steve's talk will be "How do our five senses change as we age?"

Date: Wednesday, April 17
Sign-up by Monday, April 15
Time: Noon
Cost: \$4.80 (Regular meal cost)

Blood Pressure Screening

Stop in for a blood pressure check!

Date: Tuesday, April 8 & 22
Time: 1:00 p.m. **Cost:** Free
Date: Wednesday, April 17
Time: 11:30 a.m. **Cost:** Free

Rummikub Tournament

For all you Rummikub lovers, come play in our first ever Rummikub Tournament!

Dates: Tuesday, April 30
Time: 4:00 p.m. **Cost:** Free

Computers/WiFi

Free WiFi & use of computers with high-speed Internet access

Consumer Fraud

This presentation, offered by the Postal Inspection Service, includes tips on how to spot the schemes as well as what to do if someone becomes a victim. You are welcome to join us for our Tuesday evening meal (see below).

Date: Tuesdays, April 16
Time: 6:30 p.m.
Cost: Free

Tuesday Evening Meal

Pizza! Pancakes! Each Tuesday we gather together for an evening meal of pizza or pancakes (the 4th Tuesday).

Date: Tuesdays
Sign-up by the Monday before
Time: 5:30 p.m.
Cost: \$4.80 (Regular meal cost)

Coffee and Donuts

According to an article in *Psychology Today*, "a tasty chocolate covered donut first thing in the morning is going to provide your brain with everything it needs to pay attention and learn new things." Stop by the center and have a donut and coffee with other seniors.

Date/Time: Thursdays, 9:30 a.m.
Cost: donation

Law Day: Wednesday, May 1

Attorneys will be here to assist with the completion of Health Care Advance Directives. Make your appointment today for this free service.

Ways to a Healthier Heart

Save the date: Thursday, May 2, 9:30-1:00